

Build Your Professional Development Skills: Self-Awareness via LOC Learn

Build Core Competencies via LOC Learn is a series of development tools that map virtual learning resources to the Library's core competencies. This week's competency is "Your Professional Development: Self-Awareness. We encourage you to take this opportunity to refresh your skills and abilities, focus on developing yourself, and share these resources with a friend or coworker. Select a learning resource below:

Online Learning Resource	Resource Type, Duration	Speaker	What you will learn:
SWOT Analysis for Individuals	Video, 3:02 minutes	Andy Molinsky	Though generally used on businesses, a SWOT analysis can be just as useful for evaluating yourself.
Self-Awareness as a Tool for Productivity	Video, 3:15 minutes	Nicole A. Lipkin	Tired of productivity tips that never seem to work? There's a reason. Productivity starts with self-awareness and figuring out what works for you, not what works for everyone else.
The Importance of Self-Awareness in Leaders	Video, 2:16 minutes	Kevin Cashman	As leaders our whole person is present at every moment. Great leaders are aware of their strengths and weaknesses—when their strengths should be applied, and when they need to rely on others. Research shows that self-awareness is related to company performance.
Awareness is Key to Unlocking Blind Spots	Video, 4:47 minutes	John C. Maxwell	Everyone has blind spots, and leaders need to be particularly self-aware.
Effective Leadership Through Radical Self-Awareness	Video, 2:40 minutes	Dain Dunston	Effective leadership transcends business performance and seeks to leave a lasting, positive legacy in the world. For business leaders, the most important questions don't relate to growth strategies and stock prices. The fundamental questions that underline effective leadership instead focus on defining the principles that matter most, and achieving radical self-awareness in all aspects of life.
The Power of Insight: How Self-Awareness Helps Us Succeed at Work and in Life	Live Event Recording: 56:43 minutes	Tasha Eurich	This Live Event was originally webcast on Thursday, April 23, 2020.
The Power of Understanding Yourself: The Key to Self-Discovery, Personal Development, and Being the Best You	Book, 240 pages	Dave Mitchell	An empowering tool to help you find your best possible self and flourish, this book provides readers with a blueprint for examining their true purpose and approach to life and a map for achieving greater personal happiness, professional success and self-awareness.